

# Old and well functioning.

No registrations found.

<b>Ethical review</b>	Not applicable
<b>Status</b>	Pending
<b>Health condition type</b>	-
<b>Study type</b>	Observational non invasive

## Summary

### ID

NL-OMON24526

### Source

NTR

### Brief title

PROFIEL

### Health condition

preservation of functioning - functiebehoud  
elderly - ouderen

## Sponsors and support

**Primary sponsor:** Julius Center for Health Science and Primary Care, UMC Utrecht

Research Group for Nursing and Allied Health care for people with chronic illnesses,  
Hogeschool Utrecht

**Source(s) of monetary or material Support:** ZonMw

## Intervention

## Outcome measures

### Primary outcome

Preservation of functioning.

### Secondary outcome

1. Isometric Grip Strength (IGS);
2. VO2 max;
3. Physical activity;
4. Physical performance.

change in IGS, Physical Performance and Physical Activity

## Study description

### Background summary

According to the majority of older people preservation of physical and psychosocial functioning is important in their life. However, two third of older people have one or more chronic disease, with a mean number of conditions of 2.5. For older people these chronic conditions become problematic as soon as these conditions threat daily live activities and vitality. Functional decline and loss of vitality can change the balance in daily living negatively with the risk of a cascade breakdown. This group of older people is vulnerable; this vulnerability is often defined as “frailty”. Although frailty is studied in a growing number of studies, the pathway to frailty is almost unknown. Age, disease, loss of muscle mass and bone mineral density are considered as key factors in the process of frailty. The lack of understanding of the physiology and etiology of frailty causes a problem in the development of effective preventive interventions. Preventive interventions could enable people, even in old age and with chronic conditions, to live independently the life they choose to live. Cardiovascular diseases (CVD) such as coronary ischemic disease, heart failure and cerebrovascular accidents are prominent among the chronic conditions that predispose elderly people to functional limitations and disability. Because of the aging of the population, the number of people with functional limitations and disability will only increase.

The aim of this project is to gain insight in which somatic, cognitive and psychosocial factors contribute to preservation of functioning, in order to identify older people with potential risk of functional decline in an early stage and develop interventions to prevent or delay functional decline to enable older people to stay independent and able to take care of themselves.

### Study objective

N/A

## Study design

1. Baseline visits 10y ago;
2. Follow-up visits planned for September 2009 until April 2011.

## Intervention

None.

## Contacts

### Public

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## Eligibility criteria

### Inclusion criteria

All participants of the original Frailty- and Hamlet-study:

1. Women (FRAILTY-study):

The FRAILTY-study population comprised 402 women between 50 and 74 years of age, living independently in Utrecht and the surrounding area at the time of the baseline visit in 1999-2000. At time of the follow-up visit in 2009-2010 they are 60-84 years of age;

2. Men (HAMLET-study):

The HAMLET-study population comprised 400 men between 40 and 80 years of age, living independently in Utrecht at the time of the baseline measurements in 2001-2002. At time of the follow-up visit in 2009-2010 they are 48-88 years of age.

## Exclusion criteria

None.

## Study design

### Design

Study type:	Observational non invasive
Intervention model:	Other
Masking:	Open (masking not used)
Control:	N/A , unknown

### Recruitment

NL	
Recruitment status:	Pending
Start date (anticipated):	01-09-2009
Enrollment:	0
Type:	Anticipated

## Ethics review

Not applicable	
Application type:	Not applicable

## Study registrations

### Followed up by the following (possibly more current) registration

No registrations found.

## Other (possibly less up-to-date) registrations in this register

No registrations found.

## In other registers

Register	ID
NTR-new	NL1754
NTR-old	NTR1864
Other	ZonMw : NPO 60-61900-98-146
ISRCTN	ISRCTN wordt niet meer aangevraagd.

## Study results

### Summary results

N/A